

March 22.

Lesson 17.

Warming up.

Step, step, step lt, step, step,  
step right. arms accompanying.

In groups.

Worked on composition using same  
two exercises.

March 25.

Lesson 18.

Warming up.

Step, step, step, reach.  
Arms swinging diagonally  
across body - Repeat to rt.

Repeat - same as one - with turn.

Waltz turn.

With partners - composition to waltz turn.

March 30.

Lesson 19.

Warming up.

4 steps & a hop in threes,  
moving in & away from the  
centre.

Groups.



Long with. pos. - lt. leg stretched out  
rt. leg bent at knee, lt.  
on floor, rt. elbow touching  
knee, hd. stretched up to  
head, lt. hd. back to support  
body.

April 1.

Lesson 10.

In 3's - same exercise as March 30)

Couples - first person steps, hops,  
swinging leg out to side &  
then swings other leg.

2nd person does same, turning  
in place & hopping double time  
holds hd. of 1st person.

Groups - practising formation moving  
in & away from centre.

April 5.

Lesson 11.

Groups of 3 same exercise as March 30)

2 groups -

1st group - 3 steps to rt. obliquely  
with arm swinging - then  
repeat to lt. & on pr & mess.  
Then 3 steps with turn - with  
6 counts. On 7<sup>th</sup> count move  
sideways pr 3 counts - to do



step - slide - step - + bend  
lifting leg.

2nd group - step right - 3 running  
steps diagonally left - step  
right across + turn half about.  
Repeat this for 8 meas. +  
complete by doing turn only 8  
times.

April 8.

Lesson 22.

First group - bottom of room.  
Second group - top of room.

Partners -

Small mes of each group, arms  
round each other's waist +  
swinging leg alternately - taking  
3 steps between - for 16 counts.

Tall mes in same position,  
moving diagonally down room  
taking 6 steps in 1 direction +  
6 in the other.

On 16<sup>th</sup> measure small mes  
do this + tall mes, what  
others were doing.  
Then all mally into position  
of semicircles.



April 12.

Lesson 23.

Same as Lesson 12.

April 22.

Lesson 24.

Pairs - step, step, step (5 times)  
then "swing the diskrag".

Bands joined in front in  
stretch position, behind hands  
on partner's shoulders.

Repeat - "swing the diskrag", turning  
outwards in circle.

Pairs - hands joined to partner's.

Step, hop, swing other leg  
across in front of body, same  
shoulders touching. Repeat  
rt. & lt.

Practice for demo.



## ● Lesson I.

Jan. 24.

### Warming up.

Shifting forwards into centre & round in a circle.

1. Sitting - soles touching & knees bent. grasp ankles & press knees down with elbows.

2. Rn. stand - rt. leg back - lt. leg obliquely forward resting on heel. lean from side heel from. & sit without a hump letting arms come forward.

Pull back in. arms & raise up to kn. st. pos.

Repeat - with other leg forward.

3. Move to rt - beginning with rt. lt. take 3 steps - lift lt. leg back & kick rt. leg to lt. knee.

Move to lt. - take 5 steps - lift rt. leg & kick lt. lt. to rt. knee.

Arms moving parallel across the body & raising to the side to which you are moving.

● Counts - 1, 2, 3, up, down 1, 2, 3, 4, 5, up, down - Repeat getting faster.

4. Alt. on lt. lt. - st. lt. forward out on toe. Slide from on toe & turn body.



left - leaning back + in a straight line. At same time rotate + twist rt. arm, which is along your st. side - out.

2) Change out. to st. lt. - turn to st. + face opposite direction - swing lt. lt. around behind with head kn. to front. At same time make a small circle with lt. hand - in, out + out.

Repeat step - getting faster.

## Lesson II.

Jan. 22.

Warming up - in 2's skipping around room.

1. Stand - less - lift lt. leg back - straight knee - bend knee + with quick twist turn on rt. lt. - lt. leg going behind.  
Repeat - taking long steps back + leaning well forward.

2. Arms - palms up - arms parallel - circle to lt. - up + around in other direction - palms down.  
Twist palms at bottom + then at top.

Combine arms + legs - arms moving slowly + continuously all the time.



2. Sitting - one leg crossed over  
other - flex & extend ankle -  
rotate ankle.



### Lesson 3.

1. Stek, hop & up - lean - suspension.  
- add A's swinging up & down.  
lean right, free leg & arms lt.

2. Oblique line.  
- lt, rt, lt, turn ~~lt~~. balance lt.  
stak, stak, cross st. & bend st.

3. Jump lt. together, mt. more on st.  
turn st. - jump.  
- jump, turn, jump.

4. Add to 1-2-3-4-5 jump, turn, jump.

5. Arms in ring on turn.

6. Left, st. stretch back with lt. to horizontal position & kick round into 1st position. Repeat.

7. Arms circling - both down lt, turn at mid - position - come up st. & change at stak mid position.



# DANCE

## Routine Dance for Beginners.

- I.
1. Four flap steps forward, starting with left foot.
  2. Flap ball change to the left. repeat to the right.
- Repeat all 3 times.  
Break.
1. With left foot, turning to left, make a circle with four flap steps.
  2. Step left, shuffle ball change.
- II.
1. Right heel out to side, step top (heel close).
  2. Left heel out to side, step top (heel close).
- Repeat 1 + 2, three times.  
Break.
1. Beginning with right foot, heel turning to the left, take four flap steps.
  2. Step right, shuffle ball change.
- III.
1. Beginning with left foot - three flap ball change.
  2. Beginning with right foot - three flap ball change.
  3. March step back - 4 times beginning with left.
- IV.
1. Feet together - to right move first toes + heels, toes then hold a beat.





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